



## **CONTRAINDICATIONS FOR SOUND HEALING**

### **CAUTIONS AND WARNINGS**

**Sound healing instruments should not be used directly on the body during pregnancy, especially during the first 12 weeks, and especially not on the stomach or back of a pregnant woman.**

**Do not use sound healing if you suffer from epilepsy unless you have consulted your doctor to ensure you receive the right anti-epileptic medication and are in no danger of seizure from sound vibrations.**

**Keep a minimum distance of 20 cm (8 inches) between a sound healing instrument and any implanted heart pacemaker, stent or shunt.**

### **CONTRAINDICATIONS**

#### **Sound healing instruments should not be used**

- on any deep vein thrombosis in the leg or known thrombi.
- on open wounds.
- on acute inflammations and tumours.
- directly on or above a pacemaker or defibrillator. Keep a distance of at least 20 cm from where it is implanted.
- directly on or anywhere in the immediate area of a metallic implant.
- post surgery before the sutures have been removed and the scar is not fully healed and closed.
- around the neck in the case of carotid atherosclerosis.

#### **The following people should consult their doctor before the first use of sound healing:**

- People with carotid stenosis (prior to application in the area of the carotid artery/larynx)
- People with cardiac pacemakers, artificial heart valves, or cardiac arrhythmias
- People with a stent
- People with a shunt
- People with a deep brain stimulation device (DBS)
- People with epilepsy
- Pregnant women

#### **The sound healing instruments must not be used on the the body directly on:**

- implants (or near implants until they have completely healed)
- screws
- artificial joints
- inflamed joints and veins
- the skin, in the case of inflammatory skin disorders
- weeping eczema
- diseased veins
- the stomach or back of a pregnant woman

#### **Treatment should not commence until three days after injury at the earliest for:**

- Whiplash